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Beacon Light: February 1973

St. Cloud Hospital

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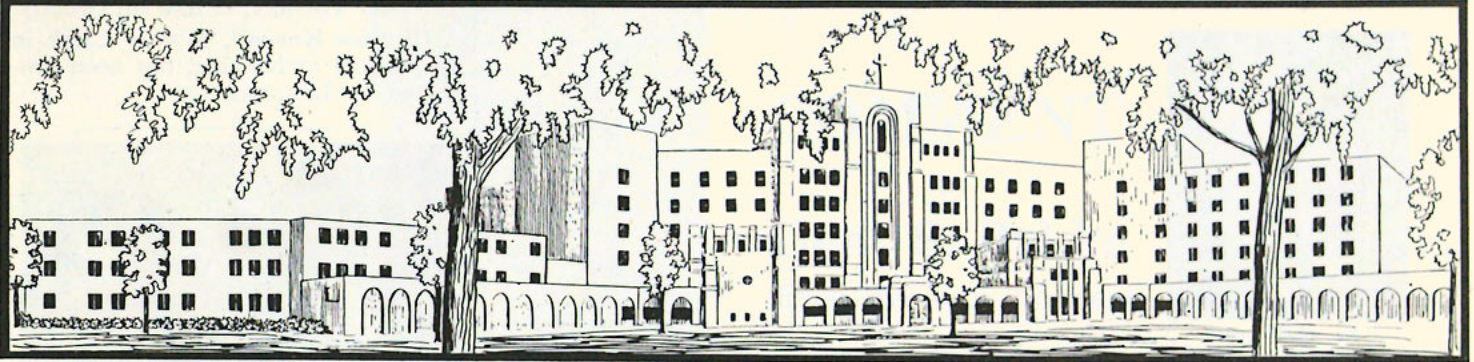
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The St. Cloud Hospital

Beacon Light



Volume XXII Number 6

February, 1973



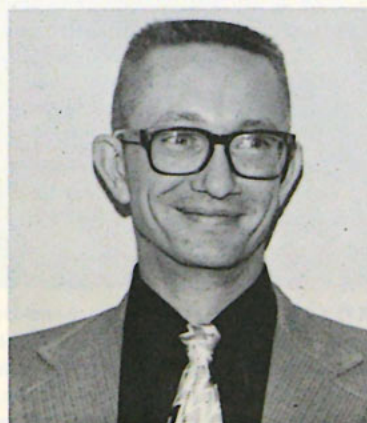
THE BOARD OF TRUSTEES of the St. Cloud Hospital held its first meeting of the new year in January, and sat for a group picture. Left to right are Edward Zapp, Sr. Giovanni Bieniek, O.S.B., Dr. E. J. Schmitz, Sr. Patrick Joseph Flynn, O.S.B., Cyril Kuefler, Gene S. Bakke, Mother Henrita Osen-

dorf, O.S.B., Dr. Edward LaFond, Dr. Stanley Idzerda, Sr. Luke Hoschette, O.S.B., Sr. Enid Smith, O.S.B., Jerry Weyrens, and Sr. Herena Mueller, O.S.B. Trustees are elected for three-year terms and meet monthly as a Board, and as Committee members.

Ralph Vasek Named Executive Housekeeper

Ralph Vasek, 34, a native of Grand Forks, North Dakota, has been named Executive Housekeeper for the SCH, effective January 15. He has held a similar position at Deaconess Hospital, Grand Forks, for the past 3½ years. Vasek replaces Sr. Bernadine Ballman, O.S.B., who was transferred to St. Benedict's Hospital, Ogden, Utah, last summer.

Ralph attended high school in Grand Forks, worked at Bridgeman Creameries there for 12½ years, and was assistant innkeeper at Holiday Inn for 18 months, before entering hospital work. He holds a certificate in housekeeping from the University



Ralph Vasek

of Michigan.

When he isn't working, Ralph enjoys welding and carpentry as hobbies.

The Vaseks, wife Veronica and six children who range in age from 18 months to 12 years, reside at 1147 36th Avenue North.

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The Chaplain's Corner

By Father John McManus, O.M.I.



Fr. McManus

Near this time each year we celebrate the feast of St. Valentine where we recall tenderly affairs of the heart.

Consequently this should cause us to search out the richer mystical meaning of our tenderness. For my purposes I would like to quote from an anonymous source, "Because so much is at stake in the drama of a human life, there is no creature who needs to be healed more often or more deeply than does man."

"Only life can heal life; only people can save people. A surgeon may save a man's physical existence but he cannot redeem his humanity. For this more than surgical instruments are needed; for this, another human life is needed, another human love is required; for this, the words and thoughts and presence of another person are required."

Christ Jesus redeemed us, saved our humanity and left us these words, "As the Father has sent me, so I send you."

It's a Fact...

In December, 1972, SCH cared for an average of 319 patients a day; the total daily census ranged between a high of 421 and a low of 227; 23,007 tests were done in the Laboratory; 1,380 patients were cared for in the Emergency Room; 3,644 X-ray studies were made; 575 patients went to the surgical suite for corrective or diagnostic surgery; 684 electrocardiograms were made; 30,334 prescriptions were dispensed in Pharmacy; and 9,434 treatments were given in the Rehabilitation Center.

Beacon Light

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Sr. M. Schneider	Donna Strack
	Sam Wenstrom

Three Promotions

Leona Snyder, Staff Nurse on 5 South, has been promoted to Team Leader.

Douglas Novak, Transporter in Physical Therapy, is now an Orderly.

Beatrice Kneusel, Library Clerk in the School of Nursing, has been promoted to Librarian.



FIRST BABY—Christopher Mohs, son of Mr. and Mrs. Albert Mohs, 1002 11th Avenue North, was born at 11:53 p.m. January 1, the first baby of the New Year in the city. He weighed 9 pounds, one ounce, and joins three brothers and two sisters. In 1972, 1,597 babies were born at SCH, down from 1,788 the previous year.



AUXILIARY GIFT—The Stearns-Benton County Medical Auxiliary presented the Alcohol and Chemical Addiction Center with a check for \$500 for use in purchasing audio-visual equipment and other materials for the unit. Pictured are, left to right, Mrs. Alan Espelien, Mrs. Bryon John, A & C Counselor Sam Slack, Program Director Paul Kurtz, and Mrs. Emil Dziubinski. Most of the money was raised during the annual style show sponsored by the Auxiliary.

COMMENT

by

Gene S. Bakke

Executive Vice President



MR. BAKKE

It was with shock and utter disbelief, followed by a sickening reality that became literally physical, that the news of the Supreme Court's abortion decision came on January 22. It seemed inconceivable that this nation's highest court, deciding for a people whose moral values had presumably once set an example for the world, would fall to the depths of a barbaric and inhuman rationale reminiscent of the days of Hitler and Nazi Germany.

But the rationale of the court does not only recall the days of Hitler when life was of value only to those who were elite enough to be in power. The court's conclusion is strikingly similar to the Dred Scott case of 1857 which ruled that the black man was property to be bought and sold, a "thing" (blob of protoplasm) that had no human rights under the law.

But regardless of how we might feel, the frightening fact is that this is now the law of the land. It is no longer a matter being debated, it is a tragic reality. We are now obliged to address ourselves to the question, "What do we do now?"

In terms of protecting the rights of children yet unborn, the only ultimate answer to this fearful dilemma would appear to be a constitutional amendment. There is established precedence in this approach in terms of the constitutional amendment that followed the Dred Scott decision providing for equal rights for our black brothers. But such an amendment if proposed, would have to assure that, in addition to the legal rights of the unborn child, the rights of the mentally retarded, the physically handicapped, the mentally ill, the senile and the old would be accorded the same protection. Let no one be fooled into believing that the stripping of the rights of the unborn child is the end. With the realization that this decision values convenience for some, ahead of life itself for others, it follows that the retarded, the handicapped, the mentally ill, the senile and the old cause an inconvenience to others and should be eliminated. With this rationale adopted and imposed by

our highest court, its application to people other than the unborn is obviously made patently logical and rational.

But in addition to an overall concern for the rights of those who find themselves individually defenseless, there is the pragmatic effect that this decision has on the Catholic hospital.

No Catholic health care facility anywhere in this country can be true to its principles and at the same time, accept the dictates of the Supreme Court decision. If it is ultimately determined that Catholic health facilities in this country (numbering almost 800 and providing about one-third of the inpatient days of care rendered annually) will be required to allow abortions to be performed within its facilities, that, in my judgment, is the end of Catholic institutional involvement in the provision of health services.

There are those who would applaud this withdrawal of the Catholic influence in health care services and say "so what?" But contemplate, for a moment a situation in which a hospital no longer focuses its full effort on the protection, enhancement and prolongation of life and the restoration of health, but, at the same time, participates actively in the destruction and termination of life, depending on a judgment to be made by someone else as to who will live and who must die. It presents a contradiction so devastating as to severely undermine the hospital's efforts to cure the sick. Those who believe the patient should die would be pitted against those who believe the patient should live.

It can only be hoped that Catholic hospitals—and other hospitals committed to the preservation and protection of life—will be given the legal and constitutional right of conscience to decline to participate in this horrendous activity. Failing this, the public will have no choice but to seek their health care in a facility where they must subject themselves to the mercy of those who will have the power to decide who will live and who must die.

A & C Unit's Bio-Feedback Research

It's possible to reduce your blood pressure, at will, simply by relaxing. You can also, voluntarily, change your brain wave pattern which affects your "present state of mind."

Psychosomatic self-regulation is what it's called, and the Alcohol and Chemical (A & C) Center at the St. Cloud Hospital is presently experimenting in this new field, not for use as a therapeutic tool now, but perhaps in the near future.

"There are research centers across the country which are experimenting with bio-feedback and such biological processes as heart beat rate, skin temperature, respiration rate and muscle tension," explained Paul Kurtz, Program Director for the hospital's A & C Center. "But, so far as I know, we are the only ones to use an instrument for the measurement of blood pressure as a means of teaching a patient to observe certain functions of his body and gain some control by self-regulation of internal processes."

The reason Kurtz is interested in "bio-feedback" is simple, and may be of future importance to those in his profession.

"It is our hypothesis that blood pressure measurement offers the most direct feedback that we can have for hypertension, and if we can teach our alcoholic and chemically-addicted patients to relax voluntarily without the use of any chemicals including liquor, their treatment here will be more effective, shorter in time, therefore lesser in cost, and provide a continuing means by which the addicted can adjust in the future," Kurtz said.

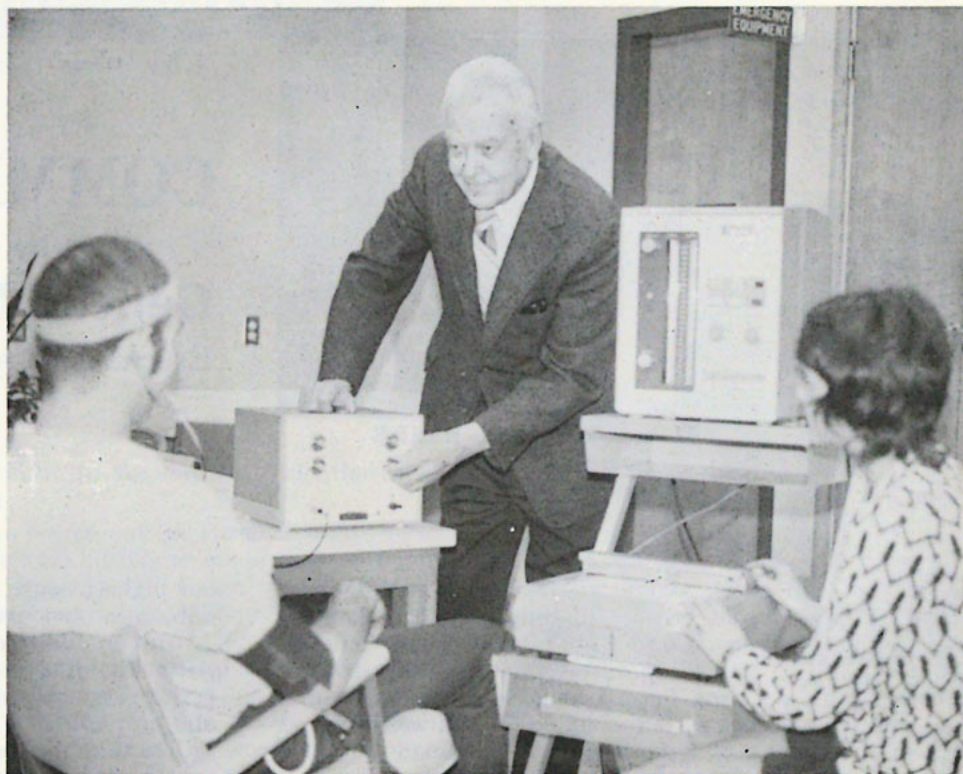
The machine being used is called an Arteriosonde. The patient is attached to it by three electrodes, one to each ear, and the third placed directly in the center of his forehead, and a transducer on his arm, and can immediately see his blood pressure rise or fall as he attempts various ways of relaxing through body positioning and concentration.

"We are just beginning the use of this device," Kurtz continued, "but already we have several patients who have made enough progress so that they can lower their blood pressure from 10 to 40 points, at will."

Another instrument used in experiments by the A & C Unit is a portable Electroencephalogram which measures certain kinds of brain waves.

"Our attempt here," Kurtz explained, "is to teach the person to enter a state of alert relaxation by means of meditation."

"When the waves of relaxation, Al-



DEMONSTRATE EQUIPMENT—Neil Neumann, a volunteer in the A & C Unit, left, is wired to the two bio-feedback machines being used in research here. Standing is Program Director Paul Kurtz. Right is Mary Ann Daniel, A & C Assistant. The band on Neil's head holds the electrode which runs to the electroencephalogram, while the cuff on his arm is for the Arteriosonde machine. Patients have lowered blood pressure as much as 40 points while experimenting with these devices.

pha and Theta, are present, the patient hears a gentle tone from the machine, indicating the presence of these waves.

"He is able then to know when he is succeeding, by audio-feedback, to control his thought processes in such a way that he can gain deep relaxation by the use of the machine."

Kurtz believes with continued experimentation patients will learn how to relax without the use of the electronic equipment, and continue to use those techniques at home following discharge.

"We know that many persons use alcohol to cope with the problem of tenseness," Kurtz concluded. "The common use of the 'five o'clock libation' to ease the problems and cares of the day has become almost a ritual in the business community, and the ritual often develops into alcoholism."

"What I am suggesting here is that if a person can look at a meter and observe its fluctuations, perhaps he can learn to manipulate his underlying psychophysiological problems. By 'making the meter go down' (or hearing the tones) he can practice the

experience of visually (or audibly) confirming inner feelings of relaxation and freedom from tension, and by repetition learn successful means of self-regulation without drugs."

The A & C Center at the Saint Cloud Hospital opened on July 12, 1971, and now has beds for 28 patients, with a staff of 20 full-time and part-time.

In 1972, 369 patients were treated, 311 of them men and 58 women. Average length of stay was 29 days for those who completed the entire program. Two Hundred Thirty-four (234) admissions were for detoxification only.

Diagnosis upon admission to the unit included alcoholism, alcoholism with delirium tremens, cirrhosis, hepatitis, depressive reaction, drug dependency, drug overdose, bad LSD trip and LSD flashback. Youngest patient was 14, and the oldest was 80.

Over 80% of the patients who have gone through the Center are engaged in a follow-up program, attending regular meetings at the hospital or Alcoholic Anonymous.

Introducing a Board Member Cy Kuefler Is New Trustee

By Barbara Prototnik
Public Relations Intern

Cy Kuefler, owner and operator of Cy Kuefler Realtors, is one of two new members of the St. Cloud Hospital Board of Trustees, having recently been elected for a three year term which began in July of 1972. Interest in the hospital, however, is not a new thing for Mr. Kuefler. He has previously served on the Extended Care board and as a real estate consultant for the hospital.

Born in Galahad, Alberta, Canada on July 1, 1925, Mr. Kuefler came to the St. Cloud area at the age of six. For 21 years he has owned and operated his own company here which has become one of the largest in the area, dealing in all aspects of real estate. When asked what made him choose the real estate profession, Mr. Kuefler explained that he especially likes his work for one of the same reasons he is proud to be a Hospital Trustee: "It gives me a chance to serve my community; this to me is very rewarding. I wouldn't want to do anything else."

Not only is real estate Mr. Kuefler's work, it is also his chief off-duty interest. He is especially involved and interested in real estate education and has developed a number of real estate courses for the state of Minnesota which are presently offered at University of Minnesota branch schools and at St. Cloud State College. In addition to developing these courses, Mr. Kuefler also acts as a part time consultant teacher.

Mr. Kuefler has been honored on several occasions by his fellow realtors. He has served as president of the Minnesota Association of Realtors and now represents Minnesota as a director of the National Association of Real Estate Boards. Mr. Kuefler has twice been awarded the title of "Realtor of the Year," and has been honored for distinguished service by the Realtors Association.

Mr. Kuefler has played a very active role in the growth and development of the St. Cloud community. He is a past president of the St. Cloud Area Chamber of Commerce, the Top Hatters Club of the Chamber, St. Cloud Knights of Columbus, and of the Exchange Club.

In addition to all his business and civic responsibilities, Mr. Kuefler is an outdoorsman who enjoys hunting and fishing whenever time permits,



Mr. Kuefler

which, he adds, is not often enough.

As a new trustee, Mr. Kuefler got an early orientation to the hospital's staff and services: he spent eight days in the hospital over the holidays having surgery. He had this to say about our hospital and our staff: "I was very pleased with the quality of services. My stay here has reaffirmed my belief that the St. Cloud area and sur-

rounding communities are very fortunate in having such a high caliber hospital. It is a tremendous service and a real asset to our area." A fine recommendation from a man whom we are proud to have on our Board of Trustees.

Next month the Beacon Light will introduce our other new Board member, Sister Herena Mueller, O.S.B.



EXPLORER POST MEETING—The SCH and the Stearns-Benton Medical Society jointly sponsored a planning session to establish a Health Career Explorer Post January 11, and Hoppe Auditorium was filled to overflowing. About 250 young men and women attended. Paul Holte, representing the Boy Scouts, is shown talking to the group. SCH staff members and physicians will act as advisors for the Explorer Post. Mike Becker is administrative representative. Post activities will take members into most hospital departments to learn about them, with an eye toward a health career.

MEDICAL MEMO

By Dr. Alan Espelien

WHAT'S NEW IN INHALATION THERAPY

The recent establishment of a new Department of Inhalation Therapy at St. Cloud Hospital was a significant advance in the care of patients with respiratory problems. During 1972, the Executive Committee of the Medical Staff recognized a need for improvement in this aspect of patient care and appointed an inter-departmental Respiratory Care Committee with two representatives each from the Departments of Anesthesia, Medicine, Pediatrics, and Surgery.

The committee recommended that first priority be given to the recruitment of an inhalation therapist to head the new department and Mr. Duane Murray, graduate of the Inhalation Therapy Program at Kansas University Medical Center, came in September. The development of a new hospital department is a demanding task and definite advances have already been made in the primary areas of personnel, procedures, and equipment.

Inhalation Therapy has as its major areas of responsibility, the administration of oxygen and other therapeutic gases, aerosol administration of drugs, the use of positive pressure breathing devices, humidification, breathing exercises, postural drainage, and the application of mechanical

ventilators. At present the Department is staffed for 13½ hours daily, seven days a week, and treatments are available on physician referral for both in-patients and out-patients.

The Executive Committee has designated the responsibility of medical supervision of the Department to the Respiratory Care Committee thus ensuring close inter-departmental liaison with the Medical staff. New physical facilities for the Department (on old 1 South) should be available within one year and adequate space for personnel and equipment will be essential if the projected role is to be carried out.

Quality respiratory care requires a team approach involving the medical staff, nursing, inhalation therapy, and many other hospital services. The Respiratory Care Committee is encouraged by the definite evidences of excellent patient care delivered by all members of the team during the past year.

The need for this service to the community and region will certainly increase in this decade and we have made a commendable beginning in this vital area of patient care.

From Our Kitchen . . .

This month we present the favorite of many, coffee cake and topping, in four different forms, to fit any taste. You can add orange, pineapple, or blueberries, and a streusel topping is thrown in for good measure. Each and every one is delicious. To save, just clip along dotted lines and place in a 3x5 card file.

COFFEE CAKES AND TOPPINGS

- | | |
|-----------------------|---------------------------|
| ¾ cup sugar | 1½ cups flour |
| ¼ cup soft shortening | 2 teaspoons baking powder |
| 1 egg | ½ teaspoon salt |
| ½ cup milk | |

1. Cream shortening, add sugar, then add the egg.
2. Add flour, with baking powder and salt alternately, beginning and ending with flour.

3. For variations use any of the following:

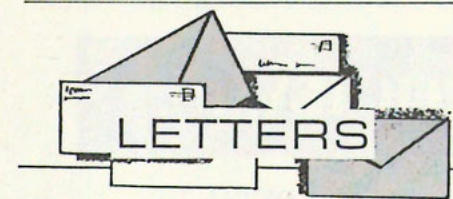
Orange Coffee Cake: Use half cup orange juice for half cup milk. Add 1½ teaspoons orange rind. Sprinkle top with ½ cup sugar, 1/3 cup flour, ½ tsp. cinnamon, ¼ cup butter and 1 tsp. orange rind, mixed.

Pineapple Coffee Cake: Use 2 tablespoons butter, 2 tablespoons honey and ½ cup drained crushed pineapple.

Streusel Topping: ½ cup brown sugar, 2 tablespoons flour, 2 teaspoons cinnamon, 2 tablespoons butter melted, and ½ cup nuts.

Blueberry Coffee Cake: Add ½ cup more flour and 2 cups well-drained berries.

4. Bake in 375 degree oven in 9"x9" pan for 25 minutes.



Editor:

I am writing this on behalf of my wife, her two sisters and brother who are the children of Mrs. H. C. Mrs. C was a recent patient at the hospital (rooms 516 and 506) but unfortunately passed away on January 8.

The purpose of this note is to let you know how much they appreciated the fine treatment given to their mother and the allowances given to the girls so they could be with Mrs. C through the days and nights of her illness.

I am sure there are many people who were involved in the care but we would all be pleased if you could relay our thanks to that area of the hospital for their care and understanding.

Sincerely,
D.H.T.

Employee Anniversaries

Two staff members passed 10 year employment marks in January. They are Al Blommer, chief of Urology in Lab, and Delroy Stang, porter in Housekeeping.

Observing five-year marks were Sr. Vita Heilman, Nurse Anesthetist; Susan Loftness, RN in ICU; Sr. Mary Jude Meyer, School of Nursing; Dolores Orcutt, Admissions Clerk; and Sam Wenstrom, Public Relations-Communications Director.

Grad Enjoys Caribbean Cruise

Myrn Linneman, now Mrs. Urban Keppers, Albany, a 1947 graduate of the School of Nursing, and her husband enjoyed a seven-day cruise in the Caribbean in January. The trip was to celebrate the Keppers' 25th wedding anniversary, which was on January 31.

Myrn was employed at SCH from 1947-59 as a Registered Nurse.

P.A.C. Rap

My Mary Kamphake

Election of new officers was held at the last meeting on January 4, 1973. John Clancy, assistant chef, is the new chairman of the committee. He will be assisted by Mike Patton, orderly, as vice chairman, and Violet Frederickson, Physical Therapist, as secretary. The officers will be held until January, 1974.

John Clancy represents the Dietary Department and has been a full-time employee for the past 2½ years. He is starting his second term on the PAC and has proven to be very conscientious and interested in the welfare of his fellow employees and the St. Cloud Hospital.

Mike Patton represents Nursing Service and has been a part time orderly for 2½ years. He is a new representative to the PAC, but was an alternate the past year, so Mike is familiar with the activities of the committee.

Violet Frederickson represents the Physical Therapy Department and has been a full time therapist for six months. She is new to the PAC this year but is a person whose sincere interest in her work and her patients will be a great asset as the committee secretary. Congratulations and best wishes to the new officers.

Patient Census High

Patient census figures in January reached toward the record as most nursing stations, especially those in medical-surgical, were crowded. Patient census on January 17 was 435.

The record census is 451, set January 18, 1972.



AHEC MEETING—Tom McLaughlin, acting program director for the Central Minnesota Area Health Education Consortium, is shown at the microphone addressing the first of three public informational meetings on the Area Health Education Center (AHEC). Seated at the head table, left, are Dr. William Fifer, Director of AHEC at the University of Minnesota, his assistant, Edith Leysmeyer, and Gene Bakke, chairman of the consortium governing committee. Meetings are held in St. Cloud, Brainerd and Cambridge. The local consortium and the University are partners in the AHEC to develop training programs to increase health manpower resources in the 14 central Minnesota counties.

OUR RECORD OF SERVICE

	ADMISSIONS	BIRTHS	OPERATIONS	X-RAYS	LABORATORY TESTS	EMERGENCY OUTPATIENT VISITS
December	1374	154	575	3644	23007	884
Total 1972	16134	1597	6324	44493	267281	10085

Credit Union News

By Perky Burke

NOTE CORRECTION PLEASE: Our annual Credit Union meeting and dinner will be held February 23, (not 16th, as previously stated). Social hour will begin at 6:30; dinner (ham and chicken) will be served at 7:30, and short business meeting will begin at 8:30 p.m.

Principal order of business will be election of officers, and members are urged to attend and make their votes count.

There will be entertainment during and after dinner, and Dr. Donald Heckman's Hustlers will furnish music for dancing.

Dinner tickets are \$2.75 each, and the social hour is free to all holders of dinner tickets.

Non-members, incidentally, are also welcome—come and see what it's all about, and have an evening of fun with some of the nicest people we know—our Credit Union members.

Reservations must be made by February 19. Tickets are available from Central Service, X-ray office, Pharmacy, Rehabilitation, and from LeRoy Zierden in Housekeeping (evening shift).

**GIVE... so more
... will live**

HEART FUND



UNITED WAY AWARD—For the sixth consecutive year, SCH has received a campaign award from the St. Cloud Area United Way. Mrs. Pauline Page, Employment Manager, and chairman of the 1972 employee's campaign, holds the plaque. SCH employees contributed \$12,300 to the 1973 United Way in support of 23 agencies.

COMING PROGRAMS

EVENT	DATE	DETAILS
Pre-Surgical Party	Feb. 7 and 21 7:00 p.m.	Free program sponsored by Pediatric Department. Open to parents and children who have been scheduled for surgery. One hour. Includes tour of Pediatrics Unit and introduction to personnel and policies. Guests report to Information Desk. Children invited. Refreshments, Busch Room.
Calix Society	Feb. 11 8:30 a.m.	For Calix Society members. Mass at 8:30 a.m. in the Hospital Chapel, followed by breakfast meeting in the Busch Room.
Candy Strippers Meeting	Feb. 12 7:00 p.m.	Monthly meeting for all Candy Strippers. Hoppe Auditorium.
State Board Meeting Birthright	Feb. 13 10:00 a.m. - 3:00 p.m.	Members of Board of Birthright. Busch Room.
Physical Therapy In-Service Meeting for Area Nursing Home Personnel	Feb. 13 9:00-11:00 p.m.	Sponsored by Rehabilitation Department of St. Cloud Hospital. Pre-Registration required. Open to all nursing home personnel.
Films for Patients and Visitors	Feb. 16 - March 2 & 16 7:00 - 9:00 p.m.	"Cat Ballou", "Good Neighbor Sam" and "Finian's Rainbow". Movies are sponsored by the Recreational Therapy Department and will be shown for patients and visitors in Hoppe Auditorium. No admission fee.
Ostomy Club Meeting	Feb. 20 7:30 p.m.	Sponsored by St. Cloud Hospital for members of Ostomy Club and family. Busch Room.
Auxiliary Meeting	Feb. 20	Open to all members and prospective members of the St. Cloud Hospital Auxiliary. Refreshments. Pierz Room.
State Alcoholic Counselors Meeting	Feb. 23 10:30 a.m. - 3:30 p.m.	Minnesota Association of Counselors in Alcoholism. Sponsored by A & C Unit of St. Cloud Hospital. Hoppe Auditorium.

Beacon Light

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